

WEEKLY BULLETIN

CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

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GUY P. JONES
Editor

FEEDING INDUSTRIAL WORKERS IN WARTIME

The Committee on Nutrition in Industry of the National Research Council has issued a publication entitled "The Food and Nutrition of Industrial Workers in Wartime." Dr. Frank G. Boudreau is chairman of the Committee on Nutrition in Industry of the Council. Among other members are Dr. Henry Borsook of the California Institute of Technology, Dr. Emery R. Hayhurst, Industrial Hygienist of Ohio, Dr. Lydia J. Roberts, noted nutritionist, and Dr. Victor G. Heiser, retired, Rockefeller Foundation for Medical Research, and others.

The committee holds that nutrition is not the only factor in health and morale, but it is one of the most important factors. It stated that the improved health and morale which results when inadequate diets are brought up to adequate levels may be translated into greater working efficiency, fewer absences from work and a decrease in the number of accidents. These and other possible benefits should speed production, the crying need of our country and our allies in the fight for freedom.

The committee stated that the practically continuous operation in industrial plants requires men who are accustomed to working in the day time often to be shifted to night work. This, together with changes in occupation, particularly where strenuous and persistent concentration and exertion are required, imposes special strains on the human organism. Industrial workers are handicapped in new plants located in areas where normal community facilities for housing, transportation, food distribution, medical care and sanitation are unable to meet the extra burdens imposed.

Comparison is made with the selection of young men as soldiers, sailors and airmen. While industrial workers are given only cursory inspections, the recruits in the armed forces are given the best possible housing conditions, medical care, physical training and especially diet. The industrial worker is shielded from occupational accidents and diseases, but in the matter of diet, housing, transportation and ordinary illnesses, he must as a rule fend for himself. The committee states that in a survey made of the situation, poor diets were less common in Pacific coast States, intermediate in North Atlantic States, and most common in the South. In some plants where men must travel long distances to reach their work, many were said to have arrived at work without having had any breakfast, and thousands of such workers eat no more than coffee and doughnuts for breakfast.

Aside from the provision of industrial medical services, sanitation, good lighting, heating and ventilating, as well as safety, the committee recommends:

1. The provision of nutritious meals of natural foods at prices the workers are accustomed to and can afford to pay, which shall be made available in all plants engaged in production for war or defense purposes, except in small plants where the worker may obtain such meals from private sources in the free time at his disposal.

2. The practice of serving food between meals to workers has given good results and is recommended. Milk, fruit and tomato juices are to be preferred as beverages, and other foods which are served should include the necessary nutrients. Thus, when bread is

served, it should be enriched white bread or a whole grain product.

3. Choice of foods served in the plant should be determined by a trained dietitian or nutritionist. Brief study of workers' diets will enable the dietitian to make up menus calculated to compensate for the ordinary inadequacies.

4. Suitable educational material should be prepared in connection with cafeteria service or supplementary lunches to stimulate acceptance of the meals planned or the selection of good meals when there is a choice of foods.

5. Measures should be taken by the appropriate subdivision of Government to condition nutritionally those classes of the population which are likely to become workers in war or defense industries.

6. The committee recommends that adequately controlled studies be conducted in such industries to determine the facts concerning the influence of diet and nutrition on health, working capacity, incidence of accidents, absenteeism and the psychological state (industrial unrest).

AUDITORY AND SPEECH DEFECTS COURSES

The University of Southern California has announced a six weeks session in auditory and speech defects to be held on the campus of the University in Los Angeles, June 30th to July 31st. The courses cover remedial work in speech, hearing and reading. They are recommended to social and vocational workers, teachers, nurses and handicapped persons. The courses will be of value to persons of normal hearing who are interested in improving auditory and visual observation and the coordination of the senses. Courses will be given by Dr. B. V. Morkovin of the University of Southern California, by Mrs. Lucelia M. Moore, Miss Ruth Bartlett, both well-known teachers of the hard of hearing, and other members of the staff of the University.

COURSE FOR SANITARIANS ANNOUNCED

The University of California at Berkeley has announced a special training course for sanitarians which will be given at the University of California at Berkeley from August 7 to October 3, 1942. The course will consist of lectures, seminars, laboratory practice, and field trips covering the theoretical and practical aspects of the sanitation program. The work will cover public health administration and organization, communicable diseases and their control, general epidemiology and vital statistics, and sanitation and sanitary inspection.

Dr. Karl F. Meyer, Chief of the Department of Bacteriology of the University and Medical Director of the Hooper Foundation for Medical Research, will conduct the courses on communicable diseases and their control. Dr. Ellis D. Sox of the State Department of Public Health and Walter Mangold of the University of California, will give the courses covering public health administration and organization. Mrs. Fern French of the Department of Hygiene of the University will give courses on general epidemiology and vital statistics. Harold F. Gray, Superintendent of the Alameda County Mosquito Abatement District, will give courses on sanitation and sanitary inspection, assisted by Mr. Mangold.

Applicants for the course must be high school graduates who have had at least one year's experience in public health or in some other occupation involving contact with the general public. A college background, preferably a bachelor's degree, is desirable and preference will be given to those who have had such training. The tuition fee of \$100 covers the required laboratory and incidental fees. Candidates who qualify under the requirements of the U. S. Public Health Service may enter the courses as trainees with tuition paid.

SAFEGUARDING HEARING IN WARTIME

The University of Southern California has announced a "National Workshop" of teachers of the hard of hearing in cooperation with the U. S. Employment Service, California State Bureau of Vocational Rehabilitation, and the Southern California Social Service Council for the Hard of Hearing, July 2 and 3, 1942. This conference will deal largely with problems related to the hard of hearing under war conditions. Not only will it deal with vocational rehabilitation of the war-handicapped with special regard to the hard of hearing and simplified speech reading for military training, but it will also cover the safeguarding of the hearing of children during the war by education of parents and by conservation-of-hearing programs in public schools. For information relative to this conference, inquiries should be addressed to Mrs. Lucelia M. Moore, University of Southern California, Los Angeles.

DEPARTMENTAL EMPLOYEE DIES

Mr. Edward G. James, a rodent control officer, who has been employed by the Bureau of Sanitary Inspections for several years, died recently after a long illness.

INSTITUTE ON SUPERVISION IN PUBLIC HEALTH NURSING

The University of California in Berkeley is offering a three weeks' Institute on Supervision in Public Health Nursing from June 29, 1942, to July 18, 1942. Miss Ruth Hubbard, Director of the Philadelphia Visiting Nurse Association, will be the instructor. The course carries three units of university credit. Tuition for the three weeks' Institute is \$17.50.

The course will include a discussion of the meaning and function of supervision, materials and methods for use in programs of supervision, and the administration of public health nursing under official and voluntary agencies.

The University has announced that a limited number of stipends are available to assist nurses who are interested in taking the course but who are unable to meet the total cost. Each stipend will include \$17.50 for the registration fee, which will be retained by the University and \$32.50 for subsistence. A check in the amount of \$32.50 will be given to the student at the end of the second week of the Institute.

Nurses who are interested in applying for a stipend should communicate with Miss Margaret A. Tracy, Director of the School of Nursing, University of California, Berkeley. The following information should be included in the application:

1. Name
2. Address
3. Age
4. Educational Background (including high school, college, professional education in a school of nursing, and post graduate courses in nursing)
5. Professional experience in public health nursing
6. Type of positions held and length of experience in each
7. Present position—name of agency and type of work
8. State reason for requesting financial assistance in furthering your professional education.

Application to be filed by June 5, 1942.

BUREAU OF SANITARY ENGINEERING MOVES

Because of the need for more space by the Division of Laboratories in the Life Sciences Building, University of California, Berkeley, it has been necessary for the Bureau of Sanitary Engineering to seek other quarters. That bureau is now located at 15 Shattuck

Square, Berkeley, having moved from 3093 Life Sciences Building, University of California. Communications addressed to the Bureau of Sanitary Engineering should be sent to the new address.

A CHILDREN'S CHARTER IN WARTIME

We are in total war against the aggressor Nations. We are fighting again for human freedom and especially for the future of our children in a free world.

Children must be safeguarded—and they can be safeguarded—in the midst of this total war so that they can live and share in that future. They must be nourished, sheltered, and protected even in the stress of war production so that they will be strong to carry forward a just and lasting peace.

Our American Republics sprang from a sturdy yearning for tolerance, independence, and self-government. The American home has emerged from the search for freedom. Within it the child lives and learns through his own efforts the meaning and responsibilities of freedom.

We have faith in the children of the New World—faith that if our generation does its part now, they will renew the living principles in our common life and make the most of them.

Both as a wartime responsibility and as stepping-stones to our future—and to theirs—we call upon citizens, young and old, to join together to—

- I. Guard children from injury in danger zones.
- II. Protect children from neglect, exploitation, and undue strain in defense areas.
- III. Strengthen the home life of children whose parents are mobilized for war or war production.
- IV. Conserve, equip, and free children of every race and creed to take their part in democracy.

—Children's Bureau, U. S. Dept. of Labor.

NEW FILM ON FOOD

The Bureau of Child Hygiene of the California State Department of Public Health has now available for distribution a motion picture film entitled "Fun in Foods." The film is a 16 mm. technicolor sound film in one reel which requires 12 to 15 minutes for showing. It can be used only on a sound projector, which is available upon request. Reservations for the film must be made in advance. There is no charge for its use except for prepayment of return transportation.

The film shows the relation of food to the body, demonstrating that the body is a builder of its own substances. A prologue and epilogue are presented

by the Chief of the Food Clinic of the Boston Dispensary. The film is particularly valuable as an introduction to a talk on nutrition.

All applications for the use of this film should be sent to the Bureau of Child Hygiene, Room 739, 760 Market Street, San Francisco.

MORBIDITY*

Complete Reports for Certain Diseases Recorded for Week Ending May 23, 1942

Chickenpox

1219 cases from the following counties: Alameda 156, Contra Costa 2, Fresno 26, Humboldt 36, Imperial 5, Inyo 5, Kern 12, Kings 2, Los Angeles 389, Madera 3, Mariposa 14, Merced 1, Monterey 14, Napa 2, Orange 58, Placer 1, Riverside 27, Sacramento 75, San Bernardino 15, San Diego 79, San Joaquin 28, San Luis Obispo 1, San Mateo 39, Santa Barbara 6, Santa Clara 44, Santa Cruz 9, Shasta 70, Solano 44, Sonoma 1, Tulare 11, Ventura 36, Yolo 8.

German Measles

1918 cases from the following counties: Alameda 348, Butte 15, Contra Costa 6, Fresno 12, Imperial 4, Kern 17, Kings 61, Los Angeles 266, Madera 2, Marin 10, Mariposa 30, Merced 2, Monterey 12, Orange 44, Plumas 6, Riverside 58, Sacramento 32, San Bernardino 74, San Diego 186, San Francisco 305, San Joaquin 47, San Luis Obispo 35, San Mateo 110, Santa Barbara 33, Santa Clara 96, Santa Cruz 4, Solano 10, Sonoma 22, Stanislaus 1, Sutter 1, Tulare 42, Yolo 24, Yuba 3.

Measles

5810 cases from the following counties: Alameda 590, Amador 10, Butte 14, Calaveras 6, Colusa 11, Contra Costa 53, Eldorado 6, Fresno 73, Humboldt 30, Imperial 51, Inyo 53, Kern 73, Kings 17, Lake 2, Lassen 2, Los Angeles 1828, Madera 2, Marin 8, Mariposa 5, Merced 67, Monterey 32, Napa 13, Orange 429, Placer 3, Plumas 1, Riverside 196, Sacramento 132, San Benito 1, San Bernardino 62, San Diego 592, San Francisco 291, San Joaquin 27, San Luis Obispo 46, San Mateo 118, Santa Barbara 82, Santa Clara 233, Santa Cruz 35, Shasta 267, Siskiyou 2, Solano 161, Sonoma 66, Stanislaus 10, Tehama 6, Trinity 1, Tulare 62, Ventura 28, Yolo 7, Yuba 6.

Mumps

1928 cases from the following counties: Alameda 224, Amador 1, Calaveras 6, Contra Costa 26, Del Norte 2, Fresno 94, Humboldt 16, Imperial 69, Inyo 3, Kern 35, Kings 10, Los Angeles 366, Madera 5, Marin 3, Mendocino 5, Merced 12, Monterey 34, Napa 1, Nevada 1, Orange 78, Placer 22, Riverside 54, Sacramento 98, San Bernardino 73, San Diego 233, San Joaquin 71, San Luis Obispo 17, San Mateo 35, Santa Barbara 10, Santa Clara 66, Santa Cruz 30, Shasta 88, Solano 45, Sonoma 24, Stanislaus 4, Sutter 3, Tehama 13, Tulare 35, Ventura 16.

Scarlet Fever

104 cases from the following counties: Alameda 5, Contra Costa 2, Fresno 9, Imperial 1, Kern 3, Los Angeles 28, Merced 1, Monterey 4, Orange 1, Plumas 1, Riverside 13, Sacramento 1, San Bernardino 3, San Diego 9, San Francisco 5, San Luis Obispo 1, Santa Barbara 4, Santa Cruz 2, Solano 3, Sonoma 2, Sutter 2, Tulare 2, Ventura 1, Yolo 1.

Whooping Cough

413 cases from the following counties: Alameda 27, Calaveras 1, Contra Costa 6, Fresno 30, Humboldt 13, Inyo 4, Kern 6, Kings 8, Lake 2, Lassen 1, Los Angeles 66, Madera 2, Marin 3, Mendocino 4, Merced 1, Monterey 15, Orange 28, Plumas 4, Riverside 21, Sacramento 54, San Benito 1, San Bernardino 8, San Diego 25, San Joaquin 16, San Mateo 2, Santa Barbara 8, Santa Clara 8, Shasta 9, Solano 12, Sonoma 7, Sutter 1, Tulare 13, Ventura 3, Yolo 2, Yuba 2.

Coccidioides Granuloma

One case from Contra Costa County.

Diphtheria

18 cases from the following counties: Alameda 1, Kings 2, Los Angeles 2, Napa 1, Riverside 7, Sacramento 2, San Bernardino 1, San Francisco 1, Tuolumne 1.

Dysentery (Bacillary)

One case from Kings County.

Epilepsy

27 cases from the following counties: Alameda 2, Kern 1, Los Angeles 19, Monterey 1, Napa 1, San Joaquin 2, Ventura 1.

Food Poisoning

4 cases from Los Angeles County.

Influenza

68 cases reported in the State.

Leprosy

One case from Kern County.

* Data regarding the other reportable diseases not listed herein, may be obtained upon request.

Malaria

4 cases from the following counties: Los Angeles 1, Monterey 1, San Joaquin 1, Sutter 1.

Meningitis (Epidemic)

4 cases from the following counties: Los Angeles 3, Solano 1.

Paratyphoid Fever

One case from San Diego County.

Poliomyelitis

One case from Los Angeles County.

Rabies (Animal)

27 cases from the following counties: Fresno 14, Imperial 1, Los Angeles 9, Riverside 1, San Diego 1, Ventura.

Rheumatic Fever

4 cases from the following counties: Los Angeles 2, San Bernardino 1, Shasta 1.

Tetanus

2 cases from the following counties: Alameda 1, San Joaquin 1.

Trichinosis

One case from Alameda County.

Tularemia

2 cases from the following counties: Fresno 1, Riverside 1.

Typhoid Fever

2 cases from the following counties: Fresno 1, Los Angeles 1.

Undulant Fever

6 cases from the following counties: Los Angeles 3, Monterey 1, San Bernardino 1, Siskiyou 1.

The California State Department of Public Health is proud of the members of its staff who have entered the armed forces of the United States. It is with a sense of great pride that the names of the following men who have entered such forces are listed here:

UNITED STATES NAVY

Lloyd P. Bascom
Alcor Browne
O. L. Butterfield
James R. Keefer
E. B. Mansfield
Don Roberts

UNITED STATES ARMY

Clark Beckwith
Jules Comroe, M.D.
Leon Comroe, M.D.
Joseph Copeland, M.D.
Sidney F. Dommies, Jr.
Robert Dyar, M.D.
Edward Hirschberg, M.D.
George Husser, M.D.
Edward Maher, M.D.
Julius R. Scholtz, M.D.

UNITED STATES MARINES

John Cruzan

University of California
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